



Denver Pasta Supper

READY IN



45 min.

SERVINGS



4

CALORIES



582 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 pound elbow macaroni dried
- 1 cups fat-skimmed chicken broth
- 4 servings salt and fresh-ground pepper
- 1.5 tablespoons olive oil
- 0.5 lb onion
- 0.5 cup parmesan cheese shredded
- 0.5 pound poblano chilies (also called pasilla)
- 8 roma tomatoes (3 to 4 oz. each,)
- 0.5 cup whipping cream

Equipment

- bowl
- frying pan
- oven

Directions

- Rinse and core tomatoes; cut in half lengthwise, rub lightly all over with olive oil, and lay cut side up in a single layer in a 10- by 15-inch pan.
- Bake tomatoes in a 450 regular or convection oven until edges begin to brown, 25 to 35 minutes.
- Meanwhile, rinse, stem, and seed poblano chilies; cut lengthwise into 1/16- to 1/8-inch-wide strips. Peel and chop onion. In a 5- to 6-quart pan, combine chilies, onion, and 1 tablespoon olive oil. Stir often over medium-high heat until chilies are limp and beginning to brown, 10 to 15 minutes.
- When tomatoes are done, push to 1 side of the pan. Scrape chili mixture into empty section; keep warm in a 150 oven.
- In the 5- to 6-quart pan, bring 3 quarts water to a boil over high heat; add pasta. When boil resumes, reduce heat and boil gently until pasta is tender to bite, 6 to 10 minutes.
- Drain pasta and return to pan. Set over high heat and immediately add 1 cup broth and the whipping cream; stir until boiling. For moister pasta, add more broth as desired (it soaks in quickly).
- Remove from heat and stir in chili mixture.
- Add 1/4 cup cheese, and mix.
- Pour pasta mixture into a wide serving bowl, sprinkle with 1/4 cup cheese, and arrange roasted tomatoes on top. Spoon onto plates.
- Add more cheese, salt, and pepper to taste. Accompany with baked bacon.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:29.94, Inflammation Score:-9, Nutrition Score:26.067825991174%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 582.04kcal (29.1%), Fat: 21.15g (32.54%), Saturated Fat: 9.94g (62.1%), Carbohydrates: 79.95g (26.65%), Net Carbohydrates: 73.92g (26.88%), Sugar: 11.99g (13.33%), Cholesterol: 42.12mg (14.04%), Sodium: 652.96mg (28.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.97%), Vitamin C: 102.84mg (124.65%), Selenium: 59.27µg (84.67%), Manganese: 1.11mg (55.5%), Vitamin A: 2108.78IU (42.18%), Phosphorus: 341.57mg (34.16%), Vitamin B6: 0.6mg (30.23%), Fiber: 6.02g (24.1%), Potassium: 805.77mg (23.02%), Calcium: 221.32mg (22.13%), Copper: 0.43mg (21.62%), Magnesium: 85.58mg (21.4%), Vitamin K: 22.37µg (21.31%), Vitamin B3: 3.32mg (16.62%), Folate: 60.35µg (15.09%), Vitamin E: 2.22mg (14.82%), Vitamin B2: 0.25mg (14.59%), Zinc: 2.08mg (13.87%), Vitamin B1: 0.2mg (13.61%), Iron: 2.39mg (13.26%), Vitamin B5: 0.86mg (8.61%), Vitamin B12: 0.31µg (5.18%), Vitamin D: 0.54µg (3.59%)